

One|Another Community News: Living Today Forward

We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-704-0221 or 541-730-8716 or e-mail: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Why Having a Therapy Animal is Beneficial

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By Josephine Wood

Most people only see service animals as ones that help people with physical disabilities, such as people who are blind or deaf, but many of us fail to notice animals' benefits to our mental health as well. I recently studied how dogs have the ability to read human emotions, a lot of the time before we even notice we're feeling those things ourselves. Humans show more emotion on the left side of the face and when we first see people, our gaze tends to go to the left. A research facility in England recorded dogs' reactions to seeing pictures of human faces, inanimate objects, and

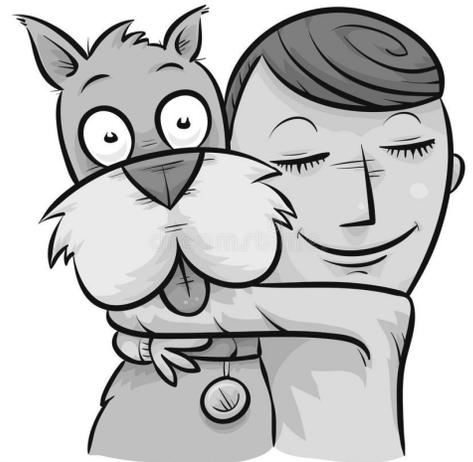
other dog's faces. And every time a human face was shown, the dog looked to the left before looking at the rest of the face, but they only did this with the pictures of people.

So, dogs can understand how people are feeling, but how does that correlate with service animals?

Mental disabilities are often brushed aside or ignored or seen as less significant than physical ones, but they are equally as important. Dogs are something that many people have access to, people that may not be able to get themselves the help they need. Having an animal not only be able to acknowledge our feelings but being able to take action and give us love

and attention in times of hardship can be very beneficial. I realize a lot of people need more than just someone to be there for them when they are feeling depressed or anxious or suicidal, but there are also a lot of people who that may be all they need, is just to know that they are cared for and not alone. These animals don't even need to be registered (unless you want to be able to take them with you wherever you go) to be able to aid you, they are just always there in your home. They are there after a bad day

at work or school, or when your friends bail on you with plans you had been looking forward to, or even just when you need to have a good cry. Even if you do have access to a therapist, those people can't be there for you at the times your own animal can be.



Upcoming Class Schedule

Albany—Thursdays, 12:30-2:30pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 5th. Please call to register

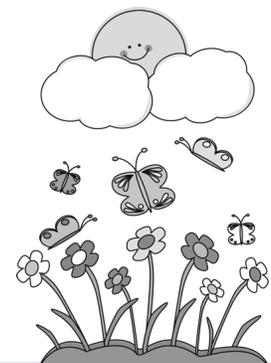
Lebanon—Tuesdays, 12:15-2:15pm, beginning April 3rd. Church of the Nazarene 600 W. D Street

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning April 10th. Co-facilitated by consumer April Wheeler

Harrisburg—Tuesdays 12:30-2:00 at the United Methodist Church 710 Smith Street. Beginning April 10th. Co-facilitated by consumers Alanna Warren and Monica Potter

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

Questions? Please call 541-704-0221 or 541-730-8716 , or visit: www.parentingtogether.us



How I found Collaborative Problem Solving/Parenting Today Forward

By: Elijah Duquette

Do you know how me and my mom found Collaborative Problem Solving (CPS)? Here is the story for you. One Tuesday night I gave my mom my Tuesday folder. Tuesday folders are folders that you get full of school announcements. One of the events was CPS in the music room the following Wednesday. My mom and I thought it was something we could

both do.

Next Wednesday I came and begged to go she said, "no I'm too tired" but then I kept asking and she said yes. So, we went and it lasted a couple of hours. My mom almost left when she saw that we could not do it together but she decided to stay. I got bored because I had to go to a different room while she learned about CPS.

My mom went to the class in Lebanon at first, I remember

the night class in Lebanon that's when mom took me for the first time. I had fun there. Then she went to the one in Albany and I went with her my brother came when the teen group started. I loved going to the group and playing with other children. I have been going for quite a while and it has been over four years now.

My mom is now a GIV (group involvement volunteer). Over four years sounds

like a lot of time to me. Every time we look back I say we would not have found it without me. I have learned a lot from CPS over the years and so has my mom.

So, that is how we found CPS and I still love going there. I hope this answered the question at the beginning. I hope you liked the story.



Make Your Own Rainbow

You will need: * A glass of water (about three quarters full) * White paper * A sunny day

Instructions: 1. Take the glass of water and paper to a part of the room with sunlight (near a window is good). 2. Hold the glass of water (being careful not to spill it) above the paper and watch as sunlight passes through then refracts (bends) and forms a rainbow of colors on your sheet of paper. 3. Try holding the glass of water at different heights and angles to see it has a different effect.

What's happening? While you normally see a rainbow as an arc of color in the sky, they can also form in other situations. You may have seen a rainbow in a water fountain or in the mist of a waterfall and you can even make your own. Rainbows form in the sky when sunlight refracts (bends) as it passes through raindrops, it acts in the same way when it passes through your glass of water. The sunlight refracts, separating it into the colors red, orange, yellow, green, blue, indigo and violet.



Spring Word Search

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N

BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



My experience with Youth||Youth

By Domanick Naumann

It was just over two years ago as the cold was setting in – leaves were falling off the trees, birds were leaving their summer home. I heard about it maybe half a year before it started – through my mom of course. There was an initiative to put together a teen-focused CPS group, a group that taught teenagers the same skills adults were learning in the other room. We didn't have

a name then, but after some squabbling we decided upon Blazing Innovation – endearingly shortened to Blaze. After the parent group changed it's name, there was a call for us to do likewise, and we decided to call ourselves Youth||Youth.

This group has truly changed how I see things. It was a little rough at first, but after some changes in policy and changes in structure, I look

forward to group every week. As one of the few people who's been with it the whole time, I can attest that now we are stronger than ever. We are taught by youth, to youth, guided by the adults, and this has changed everything. Since this new system was implemented, distracting behavior, side conversations have since vanished. We learn what the adults are learning, yes, but on a youth level that we can identify and connect with. We have a softer

schedule too – one that lets us chill and hang out at the tail end of the class, one that gives us the freedom to teach as we see fit, and has lead the group in a very positive direction. I don't see Youth||Youth going away anytime soon.

